

GARFIELD

Community Center

**FALL
2006**

Registration Begins

August 14

Program Dates

September 4 – December 31

Holiday Closures

Monday, September 4

Friday, November 10

Thursday, November 23

Friday, November 24

Monday, December 25

Monday, January 1



**SEATTLE PARKS
AND RECREATION**

2323 East Cherry
206-684-4788

New this Fall ...

- ✿ *Hatha Yoga*
- ✿ *Spanish Language Class*
- ✿ *Tae Kwon Do / Self Defense*

NEW!

REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Garfield Community Center

2323 East Cherry Street
Seattle, WA 98122

Phone: 206-684-4788 Fax 206-684-4380

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday	1 – 9 p.m.
Tuesday & Thursday	10 a.m. – 9 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	12 – 5 p.m. after Labor Day

Holiday closure

Monday, September 4, Labor Day
Friday, November 10, Veterans' Day Observed
Thursday, November 23 & Friday, November 24,
Thanksgiving Holiday
Monday, December 25, Christmas Day
Monday, January 1, New Year's Day

Program registration

Registration begins Monday, August 14.

Program dates

September 4 – December 31, 2006

You can make a difference!

Join the Garfield Campus Advisory Council, a group of citizens dedicated to the enrichment of our community. Community support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Monday evening of every month. the council advises on programs, policies, and financial growth. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

The Garfield Campus Advisory Council meets the second Monday of each month at 6 p.m. in the Community Center. For more information, please contact Anita Adams at 206-684-4788, Mazvita Maraire at 206-684-4550, or Kristen Schuler at 684-4766.

Professional staff

Ken Bounds, *Superintendent*
Christopher Williams, *Director of Operations*
Robert Stowers, *Manager Central Division*

Garfield Community Center Staff

Anita Adams, *Center Coordinator*
Marlan Teeters, *Assistant Center Coordinator*
Donna Kirvin, *Teen Development Leader*
Michelle Allen, *Recreation Leader*
Brenna Clausen, *Recreation Attendant*
Roosevelt Straw, *Building Maintenance*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) Online registration is now available at <http://egov1.seattle.gov/parks>.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.seattle.gov/parks/reservations/facrentalguide.htm>)

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Garfield Facility Rentals

Rent Garfield Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Garfield Community Center Staff at 206-684-4788 for cost and availability. If Garfield Community Center doesn't suit your needs, visit the Seattle

Parks and Recreation website at www.seattle.gov/parks. There are over 20 great locations that can be rented throughout the Parks Department.



Special Events



Campus Creepy Crawl

Begin your night of thrills and chills at Garfield Community Center from 5:30-6:30 p.m. Participate in carnival games at the community center. At 6:30 p.m., head over to Medgar Evers Pool for the free swim while watching a movie.

Ages 12 and under

Fri, Oct 27th

5:30 – 8 p.m.

Fees: Free!

Location: Garfield Community Center GYM

Christmas Ship Festival

Come down to Madrona Beach for the Christmas Ship Festival. There will be entertainment aboard the ship. Caroling, hot beverages and cookies will be available at the Madrona Beach bonfire.

Date: TBD

Choir: Columbia Children's Choir

Departure: Carillon, 5 p.m. Return 7:45 p.m.

6:40 – 7:00 Madrona*

Royal Argosy Ship: Carillon 5 – 8 p.m.

Ages All Ages

Fees: Free

Location: Madrona Beach



Holiday Party

Help us celebrate the holidays by attending our holiday party. Entertainment, games, and refreshments will be provided. All we need is you and your family. A limited number of gifts will be handed out to children 12 and under. Please pre-register by calling 206-684-4788.

Fri, Dec 15

6:30 – 8 p.m.



Toddlers/Preschoolers

Little Champs Basketball

\$30

Ages 5 – 7

Little Champs basketball series gives little athletes a chance to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically, a whole lot of FUN!

Location: Gym

#10604TTh 5:30 – 6:30 p.m. 9/12 – 10/19

Busy Bees – Soccer

\$35

Ages 3 – 5

Busy Bees puts the “Fun” in sports fundamentals!

The Busy Bees program is a fun and exciting way for your child(ren) to get out and exercise in an organized low pressure setting and to learn the basic fundamentals of sports.



Location: Gym

#10582MW 5:30 – 6:30 p.m. 9/11 – 10/18

Kinder Karate

\$45/mth

Tae Kwon Do Beginner & Advanced

Ages 4 – 6

Children will experience a fun martial art based learning environment. Skill and coordination games will be taught as well as beginning martial art techniques. This is a perfect introduction to the martial arts. The instructor has over 25 years experience teaching, studying and training in the martial arts and working with youth. A uniform is required and will be available for purchase during the first week.

A new session will begin every month.

Location: Kidsplace Room

Class meets twice per week:

Tuesdays

6 – 6:30 p.m.

Saturdays

9 – 9:30 a.m.

Registration Information

Barcode	Dates
#10600	9/5 – 9/26
#10601	10/3 – 10/31
#10602	11/7 – 11/28
#10603	12/5 – 12/26



Play and Learn

Free

Ages Toddlers to Age 5

Garfield Community Center & Cascade People Center Present: Play & Learn

Bring your little ones, up to age 5 out to play and make new friends. Includes story time, arts & crafts, and school readiness. Adult supervision is required at all times.

Tue/Thu

10:30 – 11:30 a.m.

Youth Programs

Flag Football \$30 (includes uniform)

Ages 6 to 14

Flag Football Boys and girls are invited to take part in Seattle Parks and Recreation's flag football program. Volunteer coaches will work on plays and conditioning as teams prepare to compete against other community centers. Players will learn offensive and defensive skills that will enhance their natural abilities. This is a limited contact sport where the focus is on sportsmanship. **Practice times and game times vary...Check with Garfield Community Center for specific dates and times.**

Registration starts Wednesday, August 23!

Location: Garfield Community Center

Instructor: TBA

#10583MW 6:30 – 7:30 p.m. 9/18 – 11/22

Garfield Cheer Club \$15/mth

Ages 4 to 18

RAH! RAH! RAH! In this fun and energizing class students will learn the art of Cheer. Curriculum will include stances, voice projecting, beginning tumbling, basic stunting, and cheer dance.

Location: Key Project Room

Sundays 3 – 5 p.m.

Registration Information

Barcode	Dates
#10585	9/3 – 9/24
#10586	10/1 – 10/29
#10588	11/5 – 11/26
#10589	12/3 – 12/17

Garfield/SCAA Cross Country Track \$30

Ages 5 to 18

Come join in the fun and get into great shape. Participants will be taken at their level and trained in the art of cross country running. Coach Fred Dean is a seasoned veteran that will keep things fun, competitive and age appropriate.

Practice times are not definite. Please contact Garfield CC for exact practice dates and times.

Location: Outdoor Space

#10591MW 5:30 – 7 p.m. 9/18 – 11/15

Garfield/SCAA Cross Country XC Track Meet \$5/event

Ages 5 to 18

This is a great opportunity to show your stuff and put those hours of training to the test. Competitors will be divided into age groups.

5 & 6 year olds 800m

7 & 8 year olds 1600m

9 – 12 year olds 3000m

13 and up 4000m

Contact the Community Center for more details @ 684-4788.

Location: Outdoor Space

#10592 Sat, Oct 14 9 a.m. – 2:30 p.m.

Girls Volleyball \$30

Ages 10 to 17

Volleyball is available to athletes ages 10 to 17 in three different divisions. Players learn basic skills, team work and sportsmanship skills needed to participate in league play. League play begins the week of September 18 and concludes the week of November 13. **Practice times and game times vary. Check with Garfield Community Center for specific dates and times.**

Location: Gym

#10594Mon 6:30 – 7:30 p.m. 9/18 – 11/13

Individual Piano Lessons \$60/mth

Ages 5 and older

Have fun learning to play piano at the Garfield Community Center. Music is a universal language, and piano is a great way to join in the conversation. Learn the skills that will enable you to play your favorite piano pieces as well as play along to your favorite songs.

Lessons are for all styles from classical to pop and jazz and are tailored to your interests while still supplying all the fundamental skills including music theory, sight-reading, and analysis. Learning piano also has the additional benefits of improving concentration, hand-eye coordination, and self-esteem and is a great way to improve study habits.

Lesson times available Mon – Wed, 1 – 5 p.m. and Thu, 1 – 4 p.m.

#10595 Call to arrange times and dates.

Youth Programs



Junior Dragons Tae Kwon Do Beginning & Advanced

\$55/mth

Ages 7 – 12

This is an exciting class where elementary school age children learn the Korean art of Tae Kwon Do. TKD is known for its amazing kicking and graceful hand techniques. Students learn important life skills (courtesy, integrity, perseverance, self control and indomitable spirit) all the while having fun, being comfortable with bodies and becoming leaders to their peers. Our USITF TKD uniform is required as it promotes discipline & self respect and can be purchased during the first week. If you have trained in another style of martial arts we transition over your belt and ranking to our system so you are able to keep your current martial art belt and rank.

A new session begins every month!!!

(Adults may register for this class with their children to make it a family learning experience)

Location: Kidsplace Room

Class meets twice per week.

Tuesdays

6:30 – 7:30 p.m.

Registration Information

Barcode	Dates
#10596	9/5 – 9/26
#10597	10/3 – 10/31
#10598	11/7 – 11/28
#10599	12/5 – 12/26

Before School Program

\$160/mth

Ages 5 – 12

Start your morning off on the right foot. Enroll your child today for early morning care! Small group activities and a light breakfast will be provided daily.

Second child discount \$150.

Location: Kidsplace Room

Mon – Fri

7 – 9 a.m.

After School Program

\$245/mth

Ages 5 – 12

Sign up now for our After School Program. Garfield's childcare provides a safe, kid friendly, age appropriate and enriching environment for children to engage in recreation and learn. We offer a fun and exciting program where children can participate in a variety of field trips and activities such as tutoring, arts/crafts and swimming. **Second child discount: \$235.**

Location: Kidsplace Room

Mon – Fri

3 – 6 p.m.

Before & After School Program Notes

- DSHS Licensed
- Snack served daily.
- Scholarships are available. Space is limited so sign up now!!
- A registration packet must be completed before enrollment.
- Parents are encouraged to make arrangements with Seattle Public Schools for before and after school transportation. 252-0900
- Price includes Seattle Public School early release days.
- Minimum program enrollment is 16 participants.

Registration Information

Barcode		
Dates	Before School	After School
9/6 – 9/29	#9303	#9295
10/2 – 10/27	#9304	#9296
11/1 – 11/30	#9305	#9301
12/1 – 12/15	#9306	#9302

Youth/Teens

Winter Break Camp – Week 1

Ages 5 – 12

School's out for winter break, Join us for two fun filled weeks of activities at Garfield. Activities include games, sports, art, cooking, fieldtrips, and more. Bring a sack lunch and drink daily.

Location: Kidsplace Room

#10898 12/18/2006 – 12/22/2006

Mon, Tue, Wed, Thu, Fri 7 a.m. – 6 p.m.

Activity Fee \$145.00, Second Child \$140.00

Winter Break Camp – Week 2

Ages 5 – 12

#10899 12/26/2006 – 12/29/2006

Tue, Wed, Thu, Fri 7 a.m. – 6 p.m.

Activity Fee \$116.00, Second Child \$112.00

Hip Hop Dance 11 – 12

Ages 11 – 12

Come join the excitement of hip hop! Learn how to groove and be funky; incorporating isolations, footwork, and upper body movement. All moves learned are then put together as a combo to show off at the end of class!

Location: Meeting Room #6

#10896 9/28/2006 – 11/16/2006

Thurs 5:30 – 6:30 p.m.

Activity Fee \$50.00

Hip Hop Dance 8 – 10

Ages 8 – 10

#10897 9/28/2006 – 11/16/2006

Thurs 4:30 – 5:30 p.m.

Activity Fee \$50.00

Homework Help, Project Assistance, Academic Success and Skill Building

TechNet, the new technology program for middle and high school students!

September 19th – December 8th, 2006

Tuesday, Wednesday, Thursday 3:30pm to 4:30pm

Garfield Teen Program in partnership with Ameri-corps and the RecTech coalition have been in part, funded by a grant from the Bill and Melinda Gates Foundation. The TechNet project is designed to



bring youth, teachers, providers and families closer to education related goals and success on the WASL. TechNet Program is part of the RecTech Community Technology Center, whose mission

is to provide programs that effectively utilize technology for education, recreation and community services for children, youth, adults, and neighbor-

hoods. TechNet will be held at Garfield Community Center, at the "New" Technology Learning Center. All teens 11-18 are invited. This program is free to the community. Parent / Caregiver involvement in the program is desired. For more information or to suggest program ideas, please contact a staff member at your center or Christina Arcidy, TechNet Program Administrator at 206-233-7017 or [christina.arcidy@seattle.gov](mailto:arcidy@seattle.gov).

Young Minds Incorporated - Teens in Business

September 5th, 2006

Garfield Teen Program Campus Deli-

Monday – Saturday and special events

3:00pm- 7:00pm Monday-Friday and 10:30am -1:30pm on Saturdays

Teens in business will organize, staff and market Young Minds Incorporated Deli, learning the in and outs of running a Mini Restaurant on the Garfield Campus, teens will also earn money as they learn. This program also provides funding for the Teen Program for future programs.

Teens/Adults

Music and Media Arts Program

September 19th- December 8th, 2006

Tuesday- Thursday at 4:40pm to 6:40pm.

Garfield Teen Program

All Teens are welcome to come and participate in the Music and Media Arts Program here at Garfield Community Center. This program is to help teens to express themselves in a positive way.

Fitness Card Only \$10 per Month!!!

This card entitles purchaser to the use Garfield Community Center's fitness facility that is equipped with a treadmill, bikes, Stair-master, free weights, and television.

Fees: \$10 per month for first 50 participants or \$2 per day drop-in fee

Teen Outings

Fridays & Saturdays

September 22nd, 2006 – December 8th, 2006

All teens are welcome to come and go out with us and experiences Seattle, WA are beautiful Evergreen State. All teens must have a permission slips on file with the TDL in order to participate. Adult and Teen Tae Kwon Do & Filipino Martial Arts \$65/mth

Ages 12 and older

Tae Kwon Do

This class is a challenging, fun class for both adults and teens. Mental focus, positive attitudes and respect are the backbone of Tae Kwon Do. Powerful hand techniques dynamic kicking, self defense, proper form, stretching and strengthening techniques as well as different styles of sparring and even ground fighting techniques will be taught! If you thing you know what a TKD class was, think again, you're in for a real treat! If you have trained in another style of martial Arts we transition over you belts ranking to our system, so you are able to keep your current martial art belt rank!

Filipino Martial Arts

Disarms, empty hand, footwork striking, locks, sweeps, and throws will be taught as well as various single & double stick drills. Nunchakau, Kali Sticks & Swords are a few of the traditional training methods taught in this class. Safety is stressed as well as proper respect for self and others. Class uses individual training as well as partner training drills.

Location: Kidsplace Room

Class meets twice per week.

Tuesdays

7:30 – 9 p.m.

Saturdays

10:30 a.m. – Noon

Registration Information

Barcode	Dates
#10578	9/5 – 9/30
#10579	10/3 – 10/31
#10580	11/4 – 11/28
#10581	12/5 – 12/30



Adults

Yoga – Hatha

\$40

Ages 13 and older

Join us for this multi-level class that incorporates of Hatha Yoga postures (asanas) with breath awareness, resulting in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine and immune systems. Class ends with deep relaxation to reduce stress and nurture a peaceful mind. Working knowledge of the basics helpful. Bring a large BLANKET or PAD, bare feet and an empty stomach to class. Not appropriate for women during pregnancy. Min 7/Max 14

Location: Key Project Room

#10605Wed 6:30 – 7:45 p.m. 9/20 – 11/8



Beginning Swing – Lindy Hop \$60 Advanced \$55

Ages 16 and older

Whether you have two left feet and no dance experience, or if Lindy Hop is something you'd like to add to your repertoire -- this is the class for you! As the original swing dance, Lindy Hop has it all -- from exciting and flashy to smooth and cool. Come join us in this fun and versatile dance and we'll get you dancing the basic steps before you know it! You can join the class during the first or second week of the series. A dance partner is not required.

The instructors of this class are regional and national champions, are well known performers from a variety of shows featuring Swing dancing, and are highly sought after teachers. More details about the teachers and this class can be found at www.SeattleSwing.com. No Partner Required!

Instructor: Chris Chapman & partner, of HepCat Productions.

Location: Multi-Purpose Room

Session 1

#10797Wed 7:45 – 8:45 p.m. 9/20 – 10/25

Session 2

#10798Wed 7:45 – 8:45 p.m. 11/1 – 12/6

Senior Adults

Senior Adult Registrations

Cheryl Brown, Recreation Specialist

206-233-7255 or cheryl.brown@seattle.gov

Fall Quarter Dates: September 4 – December 31.

Holiday (No classes): Monday, September 4;
Friday, November 10; Thursday, November 23;
Friday, November 24; Monday, December 25;
Monday, January 1

Please make all checks payable to Senior Adult
Advisory Council (SAAC)

Class Registration begins August 14

Please mail class/special event payments to: Senior Adult Programs, Attn: Cheryl, 8061 Densmore Ave N, Seattle, WA 98103

Trip Registrations are *phone-in only* and begin at 8 a.m. on the date listed for each trip.

Please call 206-684-4240 to register. You may sign up yourself and one other person. You'll only be called back if you're on the wait list.

Please mail trip payments to: Senior Adult Programs, Attn: Tim, 1901 1st Ave W, Seattle, WA 98109. *All payments must be received at least 5 working days prior to departure.*

Trip Van pick-up from Garfield CC is at the time listed for each trip.

For more information on these events and other events Citywide, please call Senior Adult Programs at 206-684-4951 and request a copy of our latest brochure.

Fabulous Five

Create fabulous five dollar gifts for anyone on your holiday list! Fun for friends and family!

Instructor: Cheryl Brown

Fri, Nov 17 10 a.m. – Noon Fees: \$15.00

Location: Garfield CC

Hat Making - Millinery Basics

Create three different unique hats using techniques such as steaming and blocking, patterning and sewing and covering a buckram frame in this class taught by a theatrically trained milliner. Materials for 3 hats included in class fee!

Instructor: Belle McCluskey

Thursdays 10 a.m. – Noon Oct 19 – Nov 9

Fees: \$75.00

The Art of Pumpkin

Create a work of art with your Halloween Pumpkin this year! Mu Yun Chen is a cook and food artist who will show us how to carve a spectacular pumpkin! (as well as other vegetables) All materials provided!

Instructor: Mu Yun Chen

Fri, Oct 13 10 a.m. – Noon

Fees: \$5.00

Location: Garfield CC

Fit for Life

Low impact aerobics designed for your fitness level. Improve your health and tone your muscles for increased flexibility and mobility.

Mondays 10:45 – 11:45 a.m.

Fees: \$24.00 fee is for one day a week

Location: Garfield CC

Wednesdays 10:45 – 11:45 a.m.

Fees: \$24.00 fee is for one day a week

Yoga

Enjoy gentle stretching and movement with awareness, correct alignment and deep breathing. Build stamina; improve your circulation, flexibility and range of motion.

Instructor: Paul Fetorowicz

Wednesdays 9:15 – 10:15 a.m. Oct 4 – Dec 13

Fees: \$24.00

Line Dance

Heel-toe your way to fitness and fun! No partner or experience needed for this fabulous social/exercise class. Also a great way to ease into ballroom dance.

Tuesdays 2 – 3 p.m. Oct 3 – Dec 12

Fees: \$20.00

Location: Garfield CC

Ballroom Dance

Learn basic ballroom steps like cha cha, fox trot, swing and samba. Instructor teaches around the city at various other locations!

Instructor: Mu Yun Chen

Tuesdays 1 – 2 p.m. Oct 3 – Dec 12

Fees: \$20.00

Senior Adults

Red Hat Society

Join this group of women over 50 who are looking for fun! We will have a monthly event that all are welcome to attend! All expenses (i.e. lunch) will be "on your own". Transportation provided from Garfield CC for most events. Must register in advance!

Mystery Trip and Lunch

Anything goes! Hop on board for a mystery trip and lunch (on your own) that will fit with the season.

Thursdays Thu, Oct 5

Fees: \$5.00 Transportation only, lunch on your own.

Brown and Haley/Morning Sun

What a great place to buy your holiday gifts! Great bargains!

Thu, Nov 16

Fees: \$5.00 Transportation only, lunch on your own.



Holiday Gift Exchange and Lunch

Bring your "Red" Elephant gift and enjoy a celebration Red Hat style!

Thu, Dec 7

Fees: \$5.00 Transportation only, lunch on your own

Mah Jong

Learn this ancient and fun Chinese game of skill and chance. If you have a Mah Jong set, please bring it!

Call to let us know you are coming at 233-7255.

Wednesdays 1 – 3 p.m. Oct 4 – Dec 13

Location: Garfield CC

Vietnamese Food and Fitness Program

This program offers an opportunity for Vietnamese seniors to congregate and celebrate their culture and language while learning to navigate American life. Each day offers lunch, social, educational and fitness programs as well as a food bank on Fridays.

Location: Garfield CC

Brainstorm . . . Program Planning Meeting

Got ideas for classes, trips and workshops? Bring them in as we get together to plan for the upcoming quarter of senior adult programs.

Tue, Oct 17 10:30 a.m. – Noon



Escargot Hikers

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. Weather permitting, bring lunch for the trail, rainy weather we will lunch (on your own) at a restaurant local to the hike. Be prepared for wet or muddy trails with appropriate clothing and footwear. Transportation is provided, \$5 per hike, pre-registration is required by calling 233-7255.

Van Pick Up Yesler 9:30 am Miller 9:45 am
Garfield 10:00 am **Return approx. 3:00 pm**

Van Pick Up Yesler 9:30 am Miller 9:45 am
Garfield 10:00 am **Return approx. 3:00 pm**

Tiger Mountain Summit Tue, Oct 3

Asahel Curtis Nature Trail Tue, Oct 24

Trout Lake Tue, Nov 7

Schmitz Park Tue, Nov 21

Lakeridge Park Tue, Dec 5

Senior Adult Field Trips

Please call or email

Cheryl Brown, Recreation Specialist

206-233-7255 or cheryl.brown@seattle.gov for trip information and registration. Registration usually starts 2 weeks prior to the trip date.

Tulalip Casino and Outlet Shopping

Registration October 23.

Age: 55 +

Fri, Nov 3 10 a.m. – 4 p.m.

Fees: \$8.00

Gig Harbor Quilt Show

Registration September 25

Fri, Oct 6 10 a.m. – 5 p.m.

Fees: \$8.00

Alderbrook Inn on Hood Canal

Limited seating! Registration October 2.

Fri, Oct 20 9:30 a.m. – 5 p.m.

Fees: \$40.00

Remlinger Farms Harvest Tour

Registration Oct. 16

Fri, Oct 27 9 a.m. – 5 p.m.

Fees: \$8.00

Dead Sea Scrolls

Registration Sept. 25.

Wed, Nov 1 9 a.m. – 4 p.m.

Fees: \$18.00

Northwest Puppet Center

Registration Nov. 6

Fri, Nov 17 10 a.m. – 3 p.m.

Fees: \$5.00

Bellevue Botanical Gardens by Day and Night

Registration Nov. 27

Fri, Dec 8 2 a.m. – 7 p.m.

Fees: \$6.00

Bremerton Winterfest

Registration November 20.

Fri, Dec 1 10 a.m. – 5 p.m.

Fees: \$15.00

Poinsettia Festival

Registration December 4.

Fri, Dec 15 10 a.m. – 5 p.m.

Fees: \$6.50

Workshops and Speakers

AARP Drivers Safety

The nations first and largest refresher course for drivers age 50 and older tat has helped millions of drivers remain safe on today's roads and in many cases receive a discount on insurance rates.

Fees: \$10.00 pay instructor at class

Saturdays 10 a.m. – 2:30 p.m.

Session 1

Saturdays Oct 7-Sat, Oct 14, 2006

Session Info:Taught in Vietnamese. Call Kim at 206-529-7150 or 206-744-9265 to register.

Instructor:Kim Lundgren

Session 2

Oct 21 – Oct 28

Instructor: Marjorie Lotton

Session 3

Nov 11 – Nov 18

Identity Theft/ Facts and Prevention

Did you know that Identity Theft is the # 1 crime in the US? Did you know that over 30,000 people have their identity stolen per day? Did you know that you are at risk? Learn about this crime, how it happens, how it could happen to you and how you can protect yourself.

Instructor: Bill Estes

Wed, Sep 13 10 a.m. – Noon

Fall Quarter 2006

Monday & Wednesday

6-7:30 a.m.	Early Lap Swim/Masters Workout
11 a.m.-2:30	Lap Swim
11:30a.m.-noon	Kinder Lessons
12-1 p.m.	Adapted Water Exercise
1-2 p.m.	Pool Playland
4-5 p.m.	Public Swim (Shallow end only)
5:30-8 p.m.	Lap Swim
5-6 p.m.	Youth Lessons (6 & up)
6-6:30 p.m.	Kinder Lessons (4-5 years)
6-6:45 p.m.	Aqua Jogging
6:30-8 p.m.	Public Swim

Tuesday & Thursday

11 a.m.-2:30 p.m.	Lap Swim
11-11:30 a.m.	Parent/Tot Lesson
11:30-noon	3 Year Old Lesson
Noon-1 p.m.	Pool Playland
4-5 p.m.	Public Swim (Shallow end only)
5-6 p.m.	Youth Lessons (6 & up)
5:30-8 p.m.	Lap Swim
6-6:30 p.m.	Kinder Lessons/Adult Lessons
6:30-7 p.m.	3 Year old/Tot Lessons
7-8 p.m.	Shallow Water Exercise/Masters Workout

Friday

6-7:30 a.m.	Early Lap Swim/Masters Workout
11 a.m.-2:30 p.m.	Lap Swim
Noon-1 p.m.	Pool Playland
4-5:30 p.m.	Public Swim (Shallow end only)
5:30-6:30 p.m.	Lap Swim
5:30-6:15 p.m.	Aqua Jogging
6:30-7:15 p.m.	Diving
6:30-8 p.m.	Public Swim

Dive-In Movie Schedule

Swimming fun for the whole family. Enjoy swimming with all the lights out while watching a family-appropriate film! Popcorn will be sold for a dollar.

All Movies are rated PG

Fri, Sept 22	Robots
Fri, Oct 27	The Simpson's Halloween Specials
Fri, Nov 17	Over the Hedge
Fri, July 21	Cars



Saturday

8:30-5 p.m.	Continuous Lap Swim
9-10 a.m.	Water Exercise
10-11 a.m.	Family Float Swim
11-11:30 a.m.	Kinder/Tot Lessons
11:30-noon	Beg/Adv. Youth Lessons
12-12:30 p.m.	3 Year Old/Adult lessons
12:30-1 p.m.	Private lessons/special population
1:30-2:50 p.m.	Public Swim
3-3:30 p.m.	Youth Lessons (6 and older)
3:30-4 p.m.	Kinder Lessons (4-5years)
4-5 p.m.	Public Swim (shallow only)

Medgar Evers pool is available for private splash parties, please contact the pool for available times and fees. 684-4766.

Recreational Swim Program Fees

Under 1 year	Free
Children (1-18 years)	\$2.75
Adults (19 & Over)	\$3.75
Sr. Adults/Sp. Pop	\$2.75
Recreational swim card	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$4.75
Senior Water Exercise/Aqua Jog	\$3.00
Fitness swim card	\$30.00
Adult FAST Pass	\$45.00
Senior/Disabled/Youth FAST Pass	\$35.00

Fall Quarter 2006

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without

Fitness Programs

Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

Swiss Ball - Taught by Barbara Dick Considered an excellent choice for aerobic and strengthening by Physical Therapists. This class is fun and challenging. Balls provided by Medgar Evers or bring your own!

Swimming Lesson Programs

Parent Tot Swimming Lessons - 6 Months to 4 years

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons

Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons -

Ages 4 & 5 years

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons -

Ages 6 to 13 years

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth - Ages 6 to 13 yrs

These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawlstroke skills.

Adult Lessons - Ages 13 and up

Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

Birthday & Splash Party Rentals

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

How To Register For Lessons

Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis.

Learn To Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. More information is available at www.seattle.gov/parks/aquatics/learntoswim.htm

Financial assistance for children's swimming lessons is available. Please contact the pool for more information.

Community Phone List

Recreation Information

Public Information	206-684-4075
Compliments/Concerns	206-684-4837
Picnic Scheduling	206-684-8021
Youth Athletics	206-684-7094
Adult Athletics	206-684-7092
Teen Program TFT.....	206-684-7097
Teen Program-Late Night.....	206-684-7136
Tennis Court Scheduling.....	206-684-7082
Garfield Teen Life Center.....	206-684-4550
E. Cherry YWCA	206-320-9768
Rotary Boys and Girls.....	206-324-7317
Meredith Matthews YMCA	206-322-6969

Community Services

Chamber of Commerce	206-325-2864
Rotary Boys and Girls Club	206-324-7317
Central Neighborhood Service Center.....	206-684-4767
East Precinct	206-684-4300
Metro Transit Rider Info.....	206-553-3000
Police non emergency.....	206-583-2111
Garfield Family Center.....	206-861-8248
El Centro De La Raza	206-329-9442
City Year	206-728-4883
Douglass Truth Library.....	206-684-4704
Central Area Motivational Program.....	206-812-4940

School Information

T.T Minor	206-252-3230
African American Academy	206-252-6650
Gatzert School	206-252-2810
MLK School	206-252-2900
Garfield H.S.	206-252-9400
Lowell	206-252-3020
Zion Prep	206-723-0580
Thurgood Marshall	206-252-2800
Madrona School	206-252-3100
Washington Middle School	206-252-2600

Special Interests

Asian Art Museum	206-654-3100
Daybreak Star Cultural Ctr.	206-285-4425
Discovery Park	206-386-4236
Woodland Park Zoo.....	206-684-4800
Volunteer Pk. Conservatory	206-684-4743

Seniors Information

Senior Programs	206-233-7255
Central Area Senior Center.....	206-461-7816
Aquarium	206-386-4320

Sports Information

Capitol Hill Soccer	206-324-3473
Green Lake Small Craft Ctr.....	206-684-4074
Mt. Baker Rowing/Sailing	206-386-1913
Athletic Field Scheduling	206-684-4077
Seattle Tennis Center	206-684-4764
Seattle Little League	206-721-3534
Seattle International Baseball	206-324-3003
Central Area Panthers Football	206-853-3181
Field Scheduling	206-684-4077
Field Rain-Out Line.....	206-233-0055

Community Centers and Pools

Alki	206-684-7430
Ballard	206-684-4093
Bitter Lake	206-684-7524
Delridge	206-684-7423
Garfield	206-684-4788
Green Lake	206-684-0780
Hiawatha	206-684-7441
Highpoint	206-684-7422
Jefferson	206-684-7481
Langston Hughes.....	206-684-4757
Laurelhurst.....	206-684-7529
Leschi	206-726-6760
Loyal Heights	206-684-4052
Magnolia	206-386-4235
Magnuson	206-684-7026
Meadowbrook	206-684-7522
Miller	206-684-4753
Montlake.....	206-684-4736
Queen Anne	206-386-4240
Rainier	206-386-1919
Rainier Beach	206-386-1925
Ravenna-Eckstein.....	206-684-7534
Southwest.....	206-684-7438
Teen Life Center	206-684-4550
Van Asselt.....	206-386-1921
Yesler	206-386-1245
Queen Anne Pool	206-386-4282
Ballard Pool.....	206-684-4094
Medgar Evers Pool	206-684-4766
Pop Mounger Pool	206-684-4708
Colman Pool.....	206-684-7494